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Vulvar Skin Care

Clothing

- Wear cotton underwear.
- Avoid pantyhose. If you must wear them, cut out the center of the crotch or wear thigh high or knee high hose.
- Wear loose-fitting pants.
- Remove wet bathing suits and exercise clothing promptly.
- Wash clothing in ALL Free and Clear. Do not use dryer sheets.

Bathing and Hygiene

- Use soft, white, unscented toilet paper. ALWAYS wipe front-to-back. Use clean toilet paper with each wipe.
- Take time to empty your bladder completely. Leaving urine in the bladder can lead to bacteria overgrowth.
- Do not use bubble baths, perfumed oils, or soaps on the vulva.
- Do not scrub the vulva with a washcloth. **Just warm water and your hand will keep the vulva clean.**
- Do **not** use feminine hygiene products on the vulva such as:
 - Douches
 - Adult or baby wipes
 - Creams such as Vagisil
- If you require a pad for urinary leakage, use a cotton, **unscented** panty liner or pad.
 - Brand names include Stayfree, Carefree, and 7th generation.
- If vulvar skin is irritated by urine, soak in lukewarm water with 4-5 TBS of baking soda one to three times daily for 10 minutes. If you are using a sitz bath, use 1-2 TBS baking soda.
- You may use Vaseline, zinc oxide, Desitin, or Calmoseptine for skin protection. Apply 1-2 times daily.

Diet

- Drink 2-3 liters of fluid daily. Do not limit fluids to prevent urinary leakage. This will actually concentrate the urine and cause further bladder irritation and increase your risk of infection.

Sexual Intercourse

- If using condoms, look for non-latex condoms without lubricant or spermicide.
- Vaginal dryness and irritation during intercourse can be relieved by using a natural lubricant. Do not use with condoms.
 - Vegetable or olive oil
 - Crisco shortening